

Country Time Macaroni Salad¹⁵

Number of Servings: 15 (76.96 g per serving)

Amount	Measure	Ingredient
9.00	Tbs	Dressing, mayonnaise, rducd fat, Just 2 G
2.00	Tbs	Relish, pickle, sweet
2 1/4	tsp	Herb, dill weed, dried
1 1/2	tsp	Mustard, yellow, prep
1 1/2	cup	Peppers, bell, green, sweet, fresh, chpd
1.00	cup	Celery, fresh, diced
1 1/2	cup	Pasta, semolina, macaroni, elbow, dry
6.00	Tbs	Yogurt, plain, nonfat
3.00	cup	Peas, green, fzn

Nutrients per serving

Nutrition Facts

Serving Size (77g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 15g **5%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 3g

Vitamin A 15% • **Vitamin C 30%**

Calcium 2% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

-Boil elbow macaroni just until tendr, drain, Rinse with cold water to cool.

-Dice vegetables and combine with macaroni along with the other ingredients. Mix thoroughly and refrigerate.

Serve 1/2 cup/serving.

1/2 cup = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.

Storing :

- Store refrigerated at an internal temperature of 40 - 45 F.